

	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
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SOUP *(Includes Crostini)*

Roma Tomato Basil - Cup	170	230	144	16	9	0	49	390	18	3	6	5	57	29	12	13
Roma Tomato Basil - Bowl	340	390	254	28	16	0	88	705	28	5	11	7	111	57	20	23

STARTER SALADS *(Includes Dressing)*

Caesar Salad	160	310	222	25	6	0	26	508	13	4	4	12	230	37	32	12
Simple Salad	114	250	192	21	2.5	0	6	160	11	1	2	4	26	24	9	7

SALADS *(Includes Dressing)*

Blackened Wild Salmon Caesar	368	750	508	56	11	0	93	828	23	6	7	41	384	44	43	25
Chicken, Apple & Goat Cheese	392	760	480	53	11	0	124	311	50	9	32	34	116	36	15	16
Chinese Chicken	308	520	221	25	3	0	92	653	46	5	14	29	168	83	14	34
Cilantro Lime Chicken	306	490	297	33	8	0	105	273	20	3	8	31	115	34	6	17
Fresh Berry & Fig	316	560	360	40	6	0	25	175	53	10	37	12	45	81	21	16
Niçoise Salad with Wild Salmon	497	560	326	36	5	0	242	776	27	6	6	36	127	63	14	26
Shrimp & Arugula w/ Sweet Corn	390	580	364	40	9	0	207	1087	29	3	6	29	50	47	35	14

SANDWICHES

Chicken Club (with chips)	344	930	485	54	10	0	122	1069	73	6	14	41	20	38	9	29
Chicken Club (with salad)	367	840	470	52	10	0	125	966	54	5	15	40	37	34	12	29
Chipotle White Cheddar (with chips)	218	730	390	43	19	0	80	830	61	3	4	25	14	29	27	24
Chipotle White Cheddar (with salad)	242	640	379	42	19	0	84	749	42	2	6	25	31	24	32	25
Classic French Dip (with chips)	476	1040	431	48	18	0	193	2025	79	4	4	70	11	20	37	53
Classic French Dip (with salad)	499	940	417	46	18	0	195	1922	60	4	5	68	28	16	40	54
Cranberry Turkey (with chips)	381	1120	515	57	13	0	135	1237	90	12	13	60	7	27	23	29
Cranberry Turkey (with salad)	404	1020	501	56	13	0	137	1134	71	11	14	58	24	23	26	29
Santa Fe Chicken Panini (with chips)	395	1050	608	68	18	0	150	843	72	8	10	42	43	60	10	34
Santa Fe Chicken Panini (with salad)	418	960	594	66	17	0	152	740	53	7	11	41	60	56	14	35
Turkey & Swiss Panini (with chips)	377	1200	676	75	25	0	206	1107	63	3	5	67	19	25	52	32
Turkey & Swiss Panini (with salad)	401	1110	662	74	25	0	208	1004	44	2	7	66	37	21	55	32

HANDMADE PIZZA

Margherita	438	780	276	31	14	0	67	822	88	4	4	36	30	19	65	4
Pepperoni & Mushroom	405	970	438	49	19	0	103	1449	90	6	4	42	17	13	51	14
Prosciutto & Arugula	380	970	433	48	21	0	135	1574	87	4	3	48	48	13	67	8

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PASTA

Chicken Tomato Alfredo	483	760	373	41	14	0	208	693	61	3	5	36	83	53	22	38
Penne Bolognese	378	740	458	51	26	0	213	729	54	1	3	18	37	31	16	24
Spicy Wild Shrimp & Angel Hair	493	530	175	19	2.5	0	234	1319	58	2	4	32	30	34	23	31

ENTREES

Grilled Skirt Steak Chimichurri	671	880	538	60	11	1	127	790	44	10	15	48	515	71	17	42
Herb Chicken w/Rstd Veg & Farro	569	910	449	50	11	0.5	198	645	42	8	7	75	201	121	19	29
Wild Salmon w/Rstd Veg & Farro	569	600	253	28	4.5	0	95	588	42	8	7	50	201	120	16	21

KIDS' MENU *(Includes Side of Fruit & Raisins)*

Chicken Fingers	263	540	228	25	5	0	48	842	67	3	24	15	3	30	2	12
Grilled Cheese Sandwich	395	620	261	29	16	0	75	1264	76	7	22	18	64	54	43	29
Macaroni & Cheese	300	610	276	31	18	0	98	773	71	6	14	17	23	26	24	20
Pasta with Tomato Sauce	331	360	43	5	1.5	0	7	499	67	6	12	14	3	25	13	20